

EDMONTON metro



Police find body of man in north Edmonton home

Neighbours are shocked by gruesome discovery **PAGE 4**

Stressed-out students given time to paws

Colleges call on canines to ease tumultuous schedules **PAGE 19**

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GREY'S ANATOMY ALUM SANDRA OH TURNS TO CROWDFUNDING FOR BETTER REPRESENTATION FOR ASIAN WOMEN **PAGE 14**

MLA's bill targets distracted drivers

Shift in approach.

Legislature to consider \$250 fines, three points for motorists texting, chatting or not paying attention on the road



JEREMY NOLAIS
Metro in Calgary

Responding to persistent calls from his constituents, a Calgary MLA is hoping to shift gears in the distracted driving fight with a bill that would drive up fines and tack on demerits for guilty motorists.

And Moe Amery, Tory party member and representative for Calgary East, says he has support from government caucus for the proposed Bill 204, which was officially introduced in the Alberta legislature last week.

Currently, people caught talking on a handheld device, texting, grooming or performing other dangerous activities behind the wheel are slapped with a \$172 fine.

The fine was introduced in September 2011, but police say they fear that many motorists don't take the penalty seriously.

And Amery agrees. "It's really not doing the job," he said. "We're all guilty of using the phone,

Quoted

"It (the current \$172 fine) is really not doing the job. We're all guilty of using the phone, but when there's a law in place, we must respect the law."

Moe Amery, MLA for Calgary East

but when there's a law in place, we must respect the law."

His constituents demanded a new bill, Amery said.

His proposed Bill 204 proposes to bump up the fine to \$250 and slap motorists with three demerit points.

Figures provided by the Calgary Police Service indicate that 5,821 drivers had been hit with the \$172 fine this year to the end of September.

As well, at least one driver had been distracted in 767 collisions to the end of October but police caution that number could be low as many are unlikely to admit they weren't paying attention when the incident occurred.

Prior to Amery's bill being introduced, city police traffic Insp. Ken Thrower was noncommittal in an interview when asked whether a boosting of fines would result in a marked difference in terms of road safety.

"A lot of people are just paying the fine, quite honestly ... even if you wrote

tickets for a \$1,000 or \$500, for some people it might be a deterrent because of the money, but others it might not," he said.

Don Szarko with the Alberta Motor Association said his group has seen little evidence to date that adding demerits to the distracted driving equation positively alters behaviour behind the wheel.

He noted that a recent proposal in Manitoba to boost penalties for texting behind the wheel to \$1,000 and three demerits was just the latest in a series of province-specific tweaks to legislation on the distracted driving file.

"It's a bit strange, it's all over the map," he said. "In our view, we're a little bit concerned about the lack of consistency that's out there right now with proposed penalties."

Amery said his bill likely wouldn't return to the legislature for a second and third reading until the spring session.

He said early indications are that there's widespread support for the tougher penalties.



A SNOWBALL EFFECT

Hundreds of Edmontonians descended on Kinsmen Park Sunday for the first-ever #yegsnowfight. Organizers brought people together through social media and a text message notification, and hope to make the battle an annual event. For more on the event, turn to page 6. For video and more photos, visit metronews.ca. RYAN TUMILTY/METRO

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Green space

Project aims to connect city youth with seniors

Edmonton organizers are hoping to plant a seed of understanding between the city's youth and senior community by sprucing up some neighbourhood schools.

The beautification project for Eastglen High School and John D. Bracco Junior High School aims to brighten the green space between the two schools through a partnership between students and the community's aging residents.

The brainchild of local seniors advocate Shelley Sabo, the project is just the start to a number of intergenerational initiatives in the Beverly community she hopes will bring together the diverse demographic.

"There's a lot going on there — high diversity, low income housing and a lot of seniors that are looking for ways of connecting with community," she said.

"We also have a lot of kids that don't get enough adult attention and really thrive with those types of connections."

Sabo said the idea for the project was directed from the retired members of the community.

While planning for the project is slated to kick off in February, Sheri Tchir from John D. Bracco said she hopes the project will offer students the chance to get to know, and better understand, the neighbourhood's seniors.

With support from Make Something Edmonton, the group will be using a \$600 grant to jump-start the project.

LEAH HOLOIDAY/METRO



Tomas Hertl of the San Jose Sharks battles for the puck with Andrew Ference and Jeff Petry of the Edmonton Oilers. After an 11-game losing streak, the team pulled out with a 2-1 win Sunday night. JASON FRANSON/THE CANADIAN PRESS

Finally a win, but no joy

Losing streak over.

Local fan uses twitter account to track game losses for Oilers



**RYAN
TUMILTY**
ryan.tumilty@metronews.ca

The answer, for 11 straight games, had been “no”. The question was, “Did the Oilers win?” and finally, Sunday, the answer was “yes”.

As Edmonton's hockey team continues it's disappointing season one fan has created a new twitter account dedicat-

Joshua Brindza launched @DidOilersWin earlier this year, beginning with tweet “not even the draft lottery” and now posting one word answers to the basic question after each loss or win.

"It's been the only thing that has helped keep me in a good mood with the team," said Brindza.

Brindza's account currently has more than 2,000 followers, which he said he didn't expect.

"It has gone a lot further than I thought it would and it keeps getting more and more every time," he said. "It kind of helps deal with the shame of losing."

At a glance

- The Oilers' next game is scheduled for Tuesday Dec. 9, also against the San Jose Sharks.
- The team is currently at the bottom of the Western conference standings.

Brindza said the team should be a lot better and as a fan, it's disappointing to watch.

"It's tough to see how much young talent we have and how we can't do things

with it," he said.

Ryan Batty, who writes for the Copper and Blue Oilers blog, shares the disappointment, but said there are signs of hope.

"Everybody is getting really focused on just the wins and losses and unfortunately in the process of rebuilding this team, you have to look at more than that," he said.

He said he believes fans accepted there would need to be a rebuild, but never imagined the team would be this bad for this long.

"I think people bought the idea that it would be easy and it would be quick and that's just not the case."



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Body found in north Edmonton home



A police van sits out front of a home in northwest Edmonton after the body of a man was discovered inside on Saturday night. LEAH HOLOIDAY/METRO

EPS responded to disturbance call.

Neighbours describe homeowners as friendly guys



LEAH HOLOIDAY
leah.holoiday@metronews.ca

Neighbours said they were shocked to learn police discovered the body of a man in a north Edmonton home Saturday night.

At approximately 11 p.m., EPS responded to a home near 188 Street and 122 Avenue after a disturbance call.

Dwayne Wlasichuk, who lives next door to the home, said he wasn't aware anything had happened until

he noticed police cars,
ambulances and a fire truck
pull up next door.

Describing his neighbours as nice and quiet, Wlasichuk said two men had lived next door for a few years.

He identified the pair as Roy and Phil — both in their 50s — who had been friends since childhood.

According to Wlasichuk, Roy ran a landscaping company, while Phil helped out with some odd jobs.

"They just seem like quiet guys," he said.

"They were always willing to come by and give you a hand, help you out. (They're) real quiet neighbours."

While police cordoned off the home, a pickup truck sitting out front had decals with Well Done Land-

Suspicious death

Homicide detectives have taken over the investigation and are considering the death as suspicious.

- An autopsy was planned for Monday morning.
- If EPS deems this latest death a murder, it will be the city's 24th for 2014.

scaping Services Ltd. on the side.

The business's phone number went to voicemail, but identified Roy Copeland as the owner.

Wlasichuk said that, after living in the area for nine years, it was shocking that something like this could have happened.

"I don't know what transpired (Sunday) night, but it's kind of sad to see real close to home," he said.

"I hate to see anyone get hurt, especially your close neighbours."

[illegible]



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Local designer gets his shot on Montreal catwalk

Breakthrough Designers. U of A student is one of top 25 finalists across country for fashion competition



LEAH HOLOIDAY
leah.holoiday@metronews.ca

Poised to make his debut, one University of Alberta business student hopes a national design competition will be his springboard into the world of fashion.

Zachary Ward is one of 25 young designers chosen for Canada's Breakthrough Designers 2015 competition — an annual competition showcasing some of the country's most promising fashion designers.

As a U of A business student, studying law and fashion design, Ward said he has always been interested in design.

"I was doing some amateur things in junior high that I never really made, but I guess the first actual designs I made



U of A student Zachary Ward LEAH HOLOIDAY/METRO

wasn't until high school when I took a drafting class," he said.

After submitting his design for this year's competition, Ward said his work was chosen to appear in a Montreal fashion show in February along with the other finalists. At stake is upwards of \$50,000 in scholarships and prizes.

When it comes to design, Ward said he tries to see inspiration in the world around him, getting his ideas from people and places.

"I like to keep an open mind to design. I really respect people who can design in a diverse manner," he said, adding he doesn't typecast his work into male or female genres.

Ward said it's hard to pinpoint what it is that draws him to design.

"It's just something that I understand. It's kind of like when I do it, when I work on it, I know what I'm doing," he laughed. "Maybe it's naivety, but it's what draws me to it."



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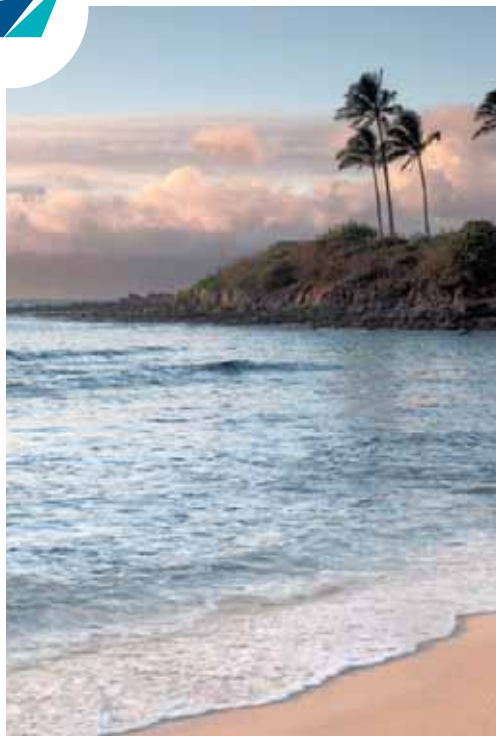
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Young and old — and Stormtroopers — were all welcome Sunday at Kinsmen Park in Edmonton for the #yegsnowfight. The event had been organized in advance through social media, with contestants getting a notice via text message. RYAN TUMILTY/METRO

Edmonton turns into Hoth for a day

#yegsnowfight.
Hundreds heed the
call, fight pitched battle
in the frozen wastes



RYAN
TUMILTY
ryan.tumilty@metronews.ca

Edmonton's long-awaited snow battle unfolded in Kinsmen Park on Sunday, with hundreds showing up to let snowballs fly.

The #yegsnowfight was or-

ganized through social media over the past few weeks, with willing participants signing up in advance to get a text-message notification.

Jaime Gonek brought her family down to the icy clash and said she thought it was a great event.

"I have four sons; the more we can wear them down, the more they sleep," she said.

Gonek said Edmonton's winters can get people down, and this is a great event to get them moving.

"It's a great way to still enjoy winter in Edmonton.

Charity

The Edmonton Food Bank stayed out of the fight Sunday, but reaped the rewards with a van full of donated items. Chase said they were glad all the fun could have a charitable cause as well.

We have so many excuses to stay inside; it's a fantastic excuse to get outside."

Co-organizer Jeff Chase said they had nearly 3,000 people signed up to get the

alert for the big event, and it was great to finally start it up.

"We have been waiting for great conditions, and today is the day to go," he said. "People were getting kind of excited and antsy for the day, and this was the perfect time."

Chase said they didn't initially imagine having such a turnout.

"I was surprised at first but then I started to think about it, and this is totally an Edmonton thing. Edmontonians rally behind things like this," he said.

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Brenda Ranson sits on the Lunchbreak sculpture in Churchill Square. The sculpture got a warm scarf this weekend but organizers of Chase the Chill were hoping the warm items would ultimately end up on the necks of those in need. RYAN TUMILTY/METRO

Warming city with scarves

Chase the Chill. Group distributes 250 scarves



RYAN TUMILTY
ryan.tumilty@metronews.ca

Lampposts, bike racks and trees around Whyte Avenue and downtown were better dressed than usual, as a local group hoped their finery would go to those in need.

Chase the Chill Edmonton put out 250 scarves on the streets for anyone who needed them.

"They're there, and if you want one you can take one," said Wendy Grahl, the group's founder.

She said she heard about the idea from a similar project in Winnipeg and appreciated how accessible it is to people in need.

"It gets right to the people who want it," she said. "If you're homeless and it's 30 below, a scarf is going to be welcome."

Grahl said when she floated the idea people jumped on board immediately and she was overwhelmed that they would have 250 scarves to put

Quoted

"If you're homeless and it's 30 below, a scarf is going to be welcome."

Wendy Grahl with Chase the Chill Edmonton on their scarf project.

on the street.

"People just stepped up to the plate and it was awesome," she said.

Volunteer Brenda Ranson said she was happy to help with the project, because it's such a simple idea.

"I can knit straight scarves. That's all I can knit," she said. "It's easy and we can help people."

Ranson was out collecting the unclaimed scarves on Sunday. She said they may return them to the streets later, but for now they don't want them to become litter.

Some volunteers added tuques and gloves to their scarves. Ranson jokes the tuques weren't initially her cup of tea, but they look great in the right context.

"I thought they were kind of ugly, but when the kids put them on their heads, they looked really nice."

QE2

Slick roads behind three crashes

Police are advising caution on Alberta highways after slick conditions were a factor in three major collisions that snarled the QE2 north of Calgary.

Ten vehicles were involved in the first wreck near the Penhold overpass just south of Red Deer, RCMP said. Several people were treated by EMS

on scene with one person transported to hospital. The highway was closed at the time, but was opened a few hours later.

A police cruiser was involved in the second collision, as a semi lost control on ice and slid into the stationary vehicle. The officer was not in the vehicle and wasn't injured, though there's major damage to the car.

RCMP said a third set of collisions happened on Highway 2A near Penhold. **METRO**

Commonwealth Stadium

Canada to face China in opening match of Women's World Cup

Canada's women will face off against China in the opening match of the Women's World Cup at Commonwealth Stadium this summer.

FIFA conducted the official draw for the event on

Saturday and in addition to China, Canada will face the Netherlands and New Zealand in the opening stage of the tournament.

The opener of the tournament will go on June 6 and Edmonton will host games in the round of 16, a quarter-final, semifinal and the bronze-medal game.

The rest of this summer's tournament will be played in Vancouver, Winnipeg, Ottawa, Montreal and Moncton. **METRO**

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Wynne says sex workers' safety a worry

New prostitution laws. Ontario premier wants assurances that legislation is not a breach of Charter of Rights and Freedoms

Ontario Premier Kathleen Wynne says she is concerned the country's new prostitution law fails to make sex workers safer, and is seeking advice on whether it is in line with the Charter of Rights and Freedoms.

Wynne says she has asked the province's attorney general to advise her on the legislation's "constitutional validity" in light of the Supreme Court of Canada ruling quashing the old law.

In her statement Sunday Wynne says she has also asked to be given "options" in case the law's charter compatibility is questioned, but adds the province will still enforce it.

The new law took effect Saturday and more than 60 organizations and agencies from across the country are calling for its non-enforcement and repeal. Those groups voiced concern the new law will continue to leave sex workers at risk as under the old system — a sentiment Wynne also expressed.

It's the latest flare-up between Wynne and Prime Minister Stephen Harper, who Wynne has said is refusing to meet to discuss issues of importance to the province.

The sweeping new changes



Ontario Premier Kathleen Wynne
DARREN CALABRESE/THE CANADIAN PRESS

to the way prostitution is regulated in Canada follow the Supreme Court decision last year that found the old laws violated the rights of prostitutes.

The new rules criminalize the purchase of sex as well as things like advertising or other forms of communication related to its sale, while providing some legal immunity for sex workers themselves.

"I have listened to the debate that has taken place over the last year, and particularly since the introduction of Bill C-36. And I am left with grave concern that the so-called Protection of Communities and Exploited Persons Act will protect neither 'exploited persons' nor 'communities,'" Wynne's statement reads.

"I am not an expert, and I am not a lawyer, but as premier of this province, I am concerned that this legislation (now the law of the land) will not make sex workers safer," she adds. **THE CANADIAN PRESS**



Paying tribute to a legend

Mourners file past the casket Sunday in Montreal to pay their respects during the public viewing for Montreal Canadiens legend Jean Béliveau. Béliveau died Dec. 2 at the age of 83. **PAUL CHIASSON/THE CANADIAN PRESS**

Harper changes stance on election money

Prime Minister Stephen Harper used to contend that money does not influence the outcome of elections.

He used to rail against any attempt to limit the amount of money outside advocacy groups could spend during campaigns. And he used to strenuously object to any attempts to compel those groups to disclose from whom they

got their money or how they spent it.

That was, of course, before he became prime minister. Now, Harper heads a party that accuses labour unions of trying to "bully and influence our elections from the outside" and routinely uses the spectre of dastardly union politicking to drum up donations the Conservatives say are urgently

needed to ensure victory in next year's election.

And he heads a government bent on forcing unions to disclose the salaries of their employees and just how they spend the money they collect from members' dues.

Former Liberal cabinet minister Don Boudria stops just short of calling it hypocrisy.

"I think this is a case of that

was then and this is now," says Boudria, who was named in a court challenge launched by private citizen Stephen Harper in 2000 against the then-Liberal government's so-called "gag law" limiting spending by outside third parties during election campaigns.

"The ironies are all over the place," added Boudria.

THE CANADIAN PRESS



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Protests rock California

Chokehold death.

Despite mostly peaceful protests over court decision not to indict N.Y.C. officer, splinter group in California loots, vandalizes

Mostly peaceful protests of a grand jury's decision not to indict a white police officer in the chokehold death of an unarmed black man have continued, but authorities said a march in California turned violent when a splinter group smashed windows and threw objects at police.

A Berkeley police officer received hospital treatment for a dislocated shoulder after being hit with a sandbag, while another sustained minor injuries, police spokeswoman Jenn Coats said.

She said several businesses were looted and damaged when a splinter group broke from the peaceful demonstration Saturday night, and officers attempting to get the crowd to disperse used smoke and tear gas. Protesters threw rocks, bricks, bottles and pipes at officers, and some squad cars were

damaged. At least six people had been arrested by the time the unrest ended early Sunday morning, Coats said.

Thousands have protested peacefully in New York, Philadelphia, Chicago, Seattle, Miami and Las Vegas since the announcement on Wednesday that a grand jury declined to indict a white officer in the death of Eric Garner, a black man who gasped, "I can't breathe," while being placed in a chokehold as he was being arrested for selling loose, untaxed cigarettes.

The decision followed a Ferguson, Mo., grand jury's choice not to indict a white officer in the fatal shooting of 18-year-old Michael Brown.

The scope of the demonstrations and the lack of violence were moving to Garner's mother, she said Saturday. "It is just so awesome to see how the crowds are out there," said Gwen Carr.

"I was just so proud of that crowd. It just warmed my heart."

Officers have said the outcry over the grand jury decision has left them feeling betrayed and demonized by everyone from the president and the mayor to throngs of protesters who scream at them on the street. **THE ASSOCIATED PRESS**



Typhoon Hagupit kills 3

Strong waves crash into coastal houses as Typhoon Hagupit pounds Legazpi, Albay province, in the Philippines on Sunday. Typhoon Hagupit knocked out power in entire coastal provinces, mowed down trees and sent more than 900,000 people into shelters before it weakened Sunday. **AARON FAVILA/THE ASSOCIATED PRESS**

Israel

Military opens investigation into airstrike deaths

The Israeli military says it opened a criminal investigation into a deadly airstrike from the last Gaza war. At least 24 members of a family were killed in the July 20 strike on their home. They included 18 children. **THE ASSOCIATED PRESS**

Saudi Arabia

Women held for nearly a week over driving ban

Two Saudi women activists have been detained for nearly a week for defying the kingdom's ban on women driving, family members and an activist said Sunday. Organizers say the ban on women driving underpins issues in Saudi Arabia that give men



One of the women, Loujain al-Hathloul, seen driving Nov. 30. LOUJAIN AL-HATHLOUL/THE ASSOCIATED PRESS

great influence over women's lives. **THE ASSOCIATED PRESS**

New Delhi, India

Uber driver arrested over rape allegations

Indian police arrested a driver from the international taxi-booking service Uber Sunday for allegedly raping a young woman in the capital.

Shiv Kumar Yadav, 32, was arrested Friday, police said. **THE ASSOCIATED PRESS**



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Dutch-based company

Mexx declares bankruptcy

Fashion retailer Mexx has declared bankruptcy, becoming the latest fashion retailer forced to liquidate its stock.

The Dutch-based company said it plans to submit a proposal to creditors in Canada under the Bankruptcy and Insolvency Act.

The decision comes about a week after Reitmans pulled the plug on its Smart Set brand, and follows the decision by Jacob in October to abandon restructuring efforts and close its 92 stores across the country. **THE CANADIAN PRESS**

Canada

Jobless rate up slightly to 6.6%

The overall drop in Canada's job market last month was so small it fell within the survey's rounding error, but experts remained optimistic Friday about the country's labour prospects for the future.

Statistics Canada's latest batch of monthly data showed the economy shed 10,700 net jobs last month and nudged the unemployment rate up slightly to 6.6 per cent. **THE CANADIAN PRESS**

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'Shoppertainment' takes off

The Urban Lodge at the Eaton Centre in Toronto offers customers seating, free Wi-Fi and complimentary charging stations for mobile devices. Experts say with the rise of online shopping, malls must provide people with "shoppertainment" to get them through the door over the Christmas holidays. **TORSTAR NEWS SERVICE**

Low oil prices may hit banks' bottom line

Worry. TD Bank has been impacted by the price of petroleum and there is concern other lenders are at risk, too

Oilpatch companies

The plummeting oil prices have also caused some concerns about whether oilpatch companies will default on their loans and create financial burdens for the banks.

- The big banks say they are regularly performing stress tests on their loan portfolios to see how they will fare in a continued low oil price environment.

Oil prices that reached a five-year low on Friday are starting to take a bite out of profits at TD Bank and raising concerns for the rest of the country's top lenders.

Canada's biggest banks earn up to 20 per cent of their revenues through providing investment and corporate banking services, with oil and gas companies an important part of that client base.

But with oil prices slipping — they have tumbled roughly 35 per cent to under \$70 a barrel from their mid-summer highs due to a strong U.S. dollar, low demand and a glut of global supply — TD Bank says it

will have to look beyond the oilpatch to make up its investment banking revenue.

"With the current activity going on in oil pricing, it certainly is impacting activity levels in the business," Bob Dorrance, the head of TD's wholesale banking division, told investors during a conference call earlier this week after the bank reported its fourth quarter

results.

"Things have slowed down."

The energy sector, a major weight on the Toronto Stock Exchange, has taken a beating on the markets and taken other stocks, including those with indirect exposure to companies that produce crude, down with it.

While all of the country's top lenders reported substantial profits during the quarter, Canaccord Genuity analyst Gabriel Deschaine noted that lacklustre performance on the stock markets caused many of the banks to report weaker than expected revenues from their brokerage businesses.

Scotia Capital analyst Sumit Malhotra says roughly 30 per cent of the underwriting fees — fees from administering new issues on the stock markets — earned by Canada's six top banks this year came from the energy sector.

THE CANADIAN PRESS

U.S. economy gains momentum

Look past the booming November job gain of 321,000 reported Friday — the best figure in three years in the strongest year for U.S. hiring since 1999.

The job market has reached a new milestone on its road to full health: For the first time since the Great Recession ended 5-1/2 years ago, America's unemployed are now as likely to be hired as to stop looking for a job.

It means employers have grown confident enough to fill more job vacancies. And

it means the unemployed are now less likely to succumb to frustration.

The hiring surge owes much to solid consumer spending — on items like cars, electronics and restaurant meals. That, in turn, has given businesses the means to step up investment in machinery, computers and facilities. Thanks to such spending, the economy grew at a 4.3 per cent annual pace from April through September — the healthiest six-month spurt since 2003.

Employers have responded by adding a robust average of 241,000 jobs a month this year.

For each month, the government estimates the proportion of the unemployed who found work and the proportion who stopped looking. In November, 23 per cent of people who were out of work the previous month found jobs, and the same percentage gave up looking. The figures are three-month averages, intended to smooth out volatility. **THE ASSOCIATED PRESS**

'Just struggle.' North Korea hails cyberattack on Sony

North Korea released a statement Sunday that clearly relished a cyberattack on Sony Pictures, which is producing an upcoming film that depicts an assassination plot against Pyongyang's supreme leader.

While denying responsibility for an attack last week that disrupted Sony's computer system and spewed confidential information onto the Internet, an unidentified spokesman for the North's powerful National Defence

Commission acknowledged that it "might be a righteous deed of the supporters and sympathizers" of the North's call for the world to turn out in a "just struggle" against U.S. imperialism.

North Korea has built a cult of personality around the Kim family, which has ruled for three generations, and sees any outside criticism or mockery of its leader as an attack on its sovereignty.

THE ASSOCIATED PRESS

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VOICES

NOT JUST A PAIR OF HANDS

There are wait staff who bring food to your table, and then there are professional waiters and waitresses. But those in the federal government who oversee the Temporary Foreign Workers program appear to be the only ones who can't see the difference



**TERRENCE
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Unless you are one of them, you hire them, or you advocate for them, you probably don't give too much thought to Temporary Foreign Workers, or TFWs.

That's not to say that you don't actually meet them just about every day. It's virtually impossible to buy a cup of coffee, a burger or a doughnut that hasn't passed through the hands of a TFW.

There's certainly been lots of talk about whether or not we actually need TFWs or if they're a way of keeping wages in the food service sector artificially low. Another school

of thought says that TFWs should have a path to citizenship and not be sent packing as soon as their allotted time is up. The other day I got a glimpse of what exactly the current configuration of the program can mean to the men and women who are TFWs.

Massimo's Cucina Italiana is part of Teresa Spinelli's Italian Centre empire. It's an oasis of good food in an area full of fast-food restaurants and chains. But what really makes it special for me is Giancarlo. There are food servers and wait staff and there are professional waiters and waitresses. Giancarlo is one of the latter group.

I like to watch the way he works. He has an economy of movement and a certain grace as he navigates his way around the restaurant,

Professional waiters and waitresses

... it's an insult to all those who have made food service their careers.

making sure all diners have what they need and want. He's the consummate professional, and that should be obvious to everyone he serves. The only people who can't see that appear to be in the federal government. According to them, Giancarlo doesn't have a profession. Regardless of his training and experience, he's seen in the same light as those whose major task is to pour you a double-double.

Giancarlo's time here is up. He will be going home to Italy tomorrow. When he told me that, it was apparent that he would like to stay here — something that I expect is true for thousands of other TFWs. There was sadness and an understandable rancour in his voice when he told me that the federal government doesn't consider him a professional. Not only is that an affront to Giancarlo, it's an insult to all those who have made food service their careers.

All of them deserve to be seen as more than pairs of hands that bring food to your table. Unfortunately, in Giancarlo's case, all I could do was tell him that I recognize and appreciate his professionalism and wish him buon viaggio.

Your Edmonton



City skyline forms backdrop for joggers

Runners pass by the city skyline along Saskatchewan Drive on Sunday.
RYAN TUMILTY/METRO

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Upcoming

Holiday Train coming to Edmonton this week

Toot! Toot!

The train is coming to town — the CP Rail Holiday Train, that is.

This year's edition of the annual Christmas express will roll into Edmonton this Tuesday.

Holiday revellers can come join the Odds and Roxanne Potvin in a festive celebration that helps collect healthy donations for food banks across Canada.

The event will be held at the CP Rail Yard at 75 Avenue and Gateway Boulevard at 7:45 p.m. on Tuesday. "This is a must-see holiday spectacle," said Tamisan Bencz-Knight of Edmonton's Food Bank. "The CP Holiday Train only comes this far north every two years. When can you get up close and personal with a decorated locomotive? This is a great show for the whole family."

CP's annual Holiday Train program is a rolling fundraising event that travels across Canada and the United States raising money, food, and awareness for food banks and hunger issues, hosting free holiday concerts along the way. Since 1999, the program has raised close to \$9.5 million and 3.3 million pounds of food. Each Holiday Train is about 1,000 feet long and has 14 rail cars decorated with hundreds of thousands of technology-leading LED lights, as well as a modified boxcar that has been turned into a travelling stage for performers. **METRO**



The CP Rail Holiday Train.
CONTRIBUTED

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Kirk Cameron GETTY IMAGES

There's no Saving Christmas for Kirk Cameron turkey

Former Growing Pains star and outspoken evangelical Christian Kirk Cameron learned the hard way that the Internet is basically like quicksand: The more you struggle, the worse it gets.

Last month, Cameron balked at the abysmal score for his new



film, *Saving Christmas*, on review aggregator Rotten Tomatoes, so he called his fans to action to improve the score by flooding the site with good reviews.

Of course, Rotten Tomatoes

doesn't really work that way, but that's beside the point. What happened instead? Well, Cameron just encouraged online pranksters to go to town, pushing the film to the No. 1 spot on IMDb's 100 Worst Movies list, determined by user ratings on the film database.

And unless he can encourage his fans to start voting down *Birdemic*: Shock and Terror so its ranking dips below the 1.5 stars *Saving Christmas* currently has, it's an honour he'll hold for a while.

iPod you not! Music lovers pay big notes for Classics

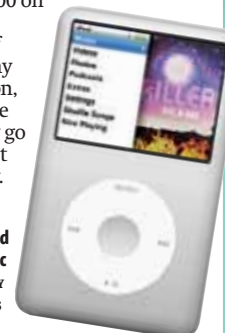
All that outrage over Apple sneakily discontinuing the popular iPod Classic in the wake of the iPhone 6 and Apple Watch announcements has given way to some impressive price-gouging, as fans are now apparently willing to shell out quite a bit for the dedicated music player. The 160-gigabyte capacity iPod Classics are now selling for as much as £670 (or about \$1,190) in the U.K., according to the Guardian, while in the U.S. they're topping out on Amazon at the seemingly much more reasonable \$490.

But that's still a lot more than the \$249 the

Classic went for before being killed off. Oh, and if you've got an old iPod Classic kicking around and want to cash in, even used ones are going for up to \$500 on eBay.

But if this is any indication, that price will only go up, so list carefully.

iPod Classic
GETTY IMAGES



Jessica Simpson INSTAGRAM

Jessica will not sweep her love under the rug

Instagram is a great venue for making personal confessions or proclamations of love, or just releasing news.

And it looks like Jessica Simpson decided to do all

three in one very simple photo, stating quite bravely on the site, "I love carpet." No links, no hashtags, nothing to muddy the message.

So, there you have it.

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It takes a crowd to cross ethnic boundaries

Sandra Oh. Former Grey's Anatomy star seeks funding for new film project she hopes will better represent young Asian women



**NED
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Metro in Hollywood

After 10 seasons on Grey's Anatomy, actress Sandra Oh is going in a very different direction for her next project. Oh is lending her voice and producing power to Window Horses, an animated film about a young Canadian poet of Chinese and Iranian descent. And she's also learning a lot about the world of crowdfunding, thanks to the film's extensive Indiegogo campaign.

You've been busy since leaving Grey's Anatomy. I'm super-excited to be working on Window Horse and kind of producing for the

first time, which for me is a whole new hat and a whole new learning curve, which is great. It's so exciting for me. After a decade of Grey's, the thing I fall in love with is an animated film! So I thought I'd try to get that made.

What was it about this project that spoke to you?

For me, Window Horses is so pro-girl, it's pro-tolerance, it's pro-diversity and it's set in the world of poetry. These are all things I feel extremely invested in and extremely interested in sharing. I feel that race is deeply a part of everyday life, and to be a spokesperson or to put stories out there about people who don't get represented is something I'm really interested in and very invested in. I realized while watching things that are geared towards young people, young girls, I still do not see myself represented as an Asian person. Absolutely not, even with the headway that we have made.

How do we get to a place

where projects that are pro-girl and pro-diversity don't just seem like no-brainers?

I honestly don't know. I'm fully aware that the Indiegogo campaign is an outsider's way of making work, and honestly that's why it appeals to me.

Having been inside, in some ways, for the past decade on a very successful and very well-funded television show — which was an amazing, amazing experience — I just want to take what I know from that and bring it to another audience, an audience that is not as well-represented, who actually wants to hear different stories, not mainstream stories.

I'm honestly sick of seeing the same story over and over and over again. All you have to do is look at reality television. All those things are the same!

What has (Grey's creator) Shonda Rhimes done for representation on TV?

Sandra Oh is crowdfunding for an animated film about a young Canadian poet. GETTY IMAGES

There's so much Grey's did for diversity on television, and the style of the show was that we never talked about race.

The way that her track record can actually prove, in a physical, monetized way, that people will watch a TV show when there are black people on it, to be quite blunt — it's like, yes!



And other stories, other faces that maybe we're not used to seeing as the primary storytellers.

Who are we following? Who's story are we following?

The character in Window Horses is this mixed-race young woman who is trying to discover herself and who has an artist's voice and goes and finds it in another country. I just know that there is an audience for that.

I know there is a girl out there who is going to see herself in this character, and I want her to see it.

How has it been so far interacting with that audience?

It's very new for us. I'm sure there are a lot of other people who are pros at it, and the way we're doing it is our own way. It's mysterious in its own way because you have no idea what will happen, and I just hope that people will see it and say, "I want to see a stick-figure character who has two little slits for eyes and is wearing a chador, I want to see her up there so I'm going to donate."

It's a platform to connect with people — to connect with like-minded people. Just the amount of people who have responded to it and want to tell their own stories, it's a like a floodgate. When people — or let's say larger organizations or paradigm structures — say that no one wants to hear these stories, I just don't believe it. I don't believe it at all.

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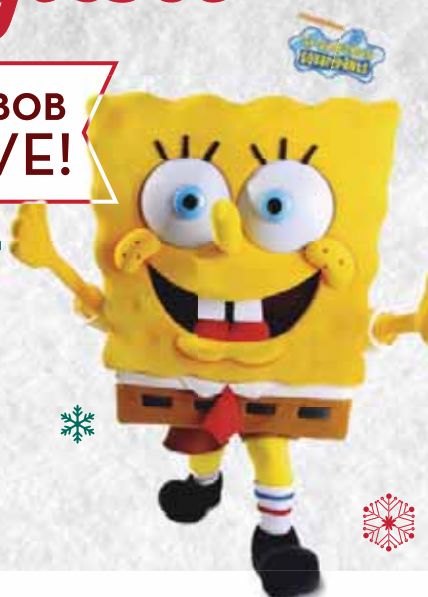
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SATURDAY | 3 PM
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Celebrating two decades PlayStation

Anniversary. This month 20 years ago, Sony's little grey box hit stores. The way we play video games has never been the same

Twenty years ago, a box of electronic tricks made its debut in Japan, heralding the birth of the global gaming phenomenon that changed the entertainment landscape, launching titles that now outstrip sales from Hollywood's biggest franchises.

The original PlayStation, which hit stores in early December 1994, brought revolutionary graphics, engrossing gameplay and the kind of complex virtual worlds that had only previously been available in an arcade.

"When we arrived, the video game was seen as a niche hobby. One of our achievements is to have succeeded in making a legitimate cultural object, like music or cinema," said Jim Ryan, chief executive of Sony Computer Entertainment Europe.

The launch was Sony's first foray into computer games and pitted the company against the established giant of the sector, Nintendo, whose character-driven two-dimensional offerings like Super Mario had wowed children.

But unlike the 16-bit cartridges that powered the Super Nintendo Entertainment System (SNES), Sony's PlayStation opted for cheap-to-produce CD-ROMs, a technology that allowed vast tracts of data to be stored. The discs' convenience and powerful graphics in the original 32-bit machines lured game developers and players into a world where, suddenly, 3-D was in reach.

And it wasn't just the insides of the machines that Sony had reimagined; they shunned the plain rectangle controllers of the SNES in favour of an ergonomic device that sat neatly in a player's hands.

Titles such as Tomb Raider, Gran Turismo and Final Fantasy spurred console sales and launched what became multi-billion dollar



PlayStation was Sony's first foray into computer games. GETTY IMAGES

Limited-edition swag

- In a special limited edition, Sony's next-generation console takes on the same grey shade as its ancestor, the original PlayStation, which celebrated its 20th anniversary on Dec. 3. Fans of retro gaming memorabilia will have to be quick to score one of the 12,300 grey PS4 consoles being released worldwide. The colour of this limited edition echoes that of the original PlayStation, now known as the PS1, released in 1994.



franchises with legions of loyal fans.

Global blockbusters like Grand Theft Auto joined the PlayStation world, as

well as other platforms. The latest installment took in a billion dollars in its first three days of sales, putting even huge cinematic hits in the shade.

In March 2000, PlayStation 2 burst onto the market, leveraging the megacapacity of DVDs before the format was standard storage.

The trademark controller remained, but with additional features like vibrations and a sleek new design featuring a black tower with clean lines that had the grace of a designer's touch. The company shifted around 150 million units worldwide, and the PS2 remains the best-selling console of all time.

Although addicts got a handheld PSP in 2004, it would be another six years until the main console got an update with the PS3, a Blu-ray equipped and Internet-ready device that allowed gamers in different continents to play against each other.

Where gaming had once been largely a solitary activity or done among friends close to home, there was now a global community of like-minded players. AFP

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DVD review



Guardians of the Galaxy

Director. James Gunn

Stars. Chris Pratt, Zoe Saldana, Bradley Cooper

These Guardians are a motley crew of celestial badasses: giant grunting tree Groot (Vin Diesel); sarcastic mutant varmint Rocket Raccoon (Bradley Cooper); pompous tattooed strongman Drax (Dave Bautista); and green-skinned ninja Gamora (Zoe Saldana). The fifth member is the only human one: Chris Pratt's treasure raider Peter Quill. They all have their own attitudes and agendas, but fate — in the form of an all-powerful orb that could destroy the universe — forces them to work together. **PETER HOWELL**

Streaming. Ritter lands role as Jessica Jones in Marvel series for Netflix



Krysten Ritter AFP

According to The Hollywood Reporter, Krysten Ritter has landed the role of Jessica Jones, the superheroine turned private eye whose series will air on Netflix.

The actress was chosen over four other candidates: Marin Ireland, Alexandra Daddario, Teresa Palmer and Jessica de Gouw. The news is not yet confirmed.

Ritter has an extensive

TV resumé, including roles on Don't Trust the B— in Apartment 23, The Blacklist, Veronica Mars and Breaking Bad. Also a regular on the big screen, she will soon appear in Tim Burton's Big Eyes and in the comedy Search Party.

Jessica Jones will be the second of four series ordered by Netflix from Marvel, each dedicated to a lesser-known superhero. **AFP**

Download this! Metro gives you its weekly picks for the best in gaming, apps and ebooks



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Ebooks

The Sailor's Dream

By. Jonas Tarestad and Jonathan Eng

iPad/iPhone

Time passes in this novella when you're not reading it. Open it after an hour or a day and new pages appear. Hidden within interactive illustrations, story snippets float up like repressed memories. The narrative is hard to follow, but the experience is poetic.



App



TouchCast: Imagine

iPad
Free

Record yourself singing John Lennon's Imagine and you can join UNICEF and the United Nations for the world's largest sing-along music video, to be released this New Year's Eve.

Video game

Name. Pokémon Omega Ruby/Alpha Sapphire

For. Nintendo 3DS/2DS

Rated. Everyone

The way this game sets you up to battle your father is the best approach yet to the theme of finding independence in childhood. That you can now decorate and share your own secret bases online or compete in a Contest Spectacular is all fun, but it's still the little story moments that offer real charm.



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Wrap up the year with savings

Money makeover.

The tree isn't the only thing that needs trimming in December



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

When was the last time you actually read your bills? Most people just pay 'em without giving a second thought to whether they're getting their money's worth.

Since you work hard for your money, doesn't it make sense to see if it's going where it will do you the most good? As we round the corner into a new year, this is a good time to stop and take stock of how you've been spending your money.

People shell out thousands a year on home phone and cellphone bills. A little attention could net you a cheaper plan that gets you what you need and puts money into your savings account. Ditto your cable and gas bills, your credit card and bank statements.

Today, spend one hour going over all your bills so you're completely familiar with where your money is going.

Look for all the things you pay for, but seldom use, and as you chop, trim, slice and dice, make a list of the money you're saving.

With electricity costs going up, saving money is as simple as unplugging unused appliances. Even when your appliances aren't in use, if they're plugged in, they're using electricity. And some appliances are energy pigs. Did you know your DVR is using more power than your fridge?

Do you know what you paid in service charges last month? No? Time to read your bill! I've looked through bank statements showing a \$20 withdrawal holding hands with a \$3 fee. That's



Take an hour today to go over all of your bills so you're familiar with where your money is going. ISTOCK

a 15 per cent fee. If you're usin' an ATM like a wallet, what's wrong with you?

Then there are the dopes that think living in overdraft is a good idea. It's not just the monthly fee (if you even have a plan, 'cause I've seen some folks paying \$5 a day for every day they're in overdraft), there's the interest charge too. No, that's not 1.75 per cent a year ... that's a month, which translates into 21 per cent a year. OD was never meant as a cash-flow supplement; it was always meant for emergencies. If you are always in overdraft, it's because you haven't coziered up to a budget. Do it.

Don't forget those bills that come less often, like your home and car insurance. My last home insurance bill went up by 16 per cent. You might be surprised at how easy it is to save some

money just by shopping around online.

While you might have grown very comfortable with the insurance company or broker with whom you've been dealing, if you can save a couple of hundred bucks a year by shopping around, that's nothing to sneeze at. Your premiums will also go down if you choose a higher deductible. The standard deductible is \$500. Since you're unlikely to make an insurance claim for such a piddly amount, raise the deductible on your policy and add a little extra to your emergency fund to cover the difference. And bundling home and vehicle insurance together could save you more than \$300. Hey, that's worth the call to consolidate, isn't it?

Eliminate just \$50 worth of monthly spending, and you'll have \$600 to add to

Cut the waste

If you find places where you're surprised at what you've been shelling out all this time, it may be time to re-evaluate what you're getting for what you're spending.

- Are you paying to have movies piped in, but never seem to watch? Axe it.
- Buying services at a premium? Move to a lower

level of service and save the difference. That's more money for your savings.

- Paying for membership at a gym that you haven't visited in six months? Lose it.
- Paid even \$1 in banking machine fees? Do you really think your bank needs your money more than you do?

your savings this year. Take that \$600, invest it in an RRSP at an average return of 5 per cent, and reinvest your tax refund every year to make your RRSP contribution grow, and in:

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3 TIPS

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Veg up gnocchi with kale and squash

Dinner. Typically served with a simple sauce, this potato pasta gets a healthy makeover



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Gnocchi is a version of pasta made from potato, egg and flour. It's a wonderful appetizer or main meal especially during the colder months, which means right now!

Gnocchi doesn't just have to be paired with a tomato sauce.

To make this a heartier dish, I've added cubes of butternut squash, which



**TOTAL
TIME
ABOUT 25
MINUTES**

This recipe serves six. ROSE REISMAN

are filled with vitamin A and C, potassium and fibre. Super green kale, meanwhile, is a cancer-fighting cruciferous vegetable that

contains daily amounts of vitamin K, C and A.

If you like a more flavourful cheese than Parmesan, try Romano or Pecorino.

Directions

1. Preheat broiler.

2. In large skillet, sauté onion in vegetable oil for 3

minutes on medium heat. Add garlic, salt and pepper, squash and red bell pepper, sauté for 5 minutes, stirring constantly.

Ingredients

- 1 cup diced onion
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1 1/2 cup diced butternut squash
- 1 cup diced red bell pepper
- 1 lb gnocchi
- 8 cups chopped kale leaves
- 1/2 cup grated Parmesan cheese
- 1/3 cup grated mozzarella cheese

3. Meanwhile, bring a pot of water to a boil. Add gnocchi and bring back to a boil. Cook for 4 or 5 minutes, or just until the gnocchi rise to the top and are tender. Add kale during last two minutes of cooking. Drain well and add gnocchi and kale to squash mixture. Add Parmesan cheese.

4. Spray a 9x13 inch casserole dish with vegetable oil. Add gnocchi mixture and garnish with mozzarella cheese. Broil for two minutes or just until cheese has melted.



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For the ruff stuff, call on a campus canine

Education. Post-secondary schools turn to therapy dogs to help high-strung students

MOLLY CONGDON
Metro in New York City

“Doggy!” This is the reaction most people have when a dog crosses their path. For years, studies have examined how dogs help people deal with difficult topics such as illnesses and grief.

Given this, it seems only natural that college campuses across the country would start to use therapy dogs to help relieve the significant stress among students that can build up as they juggle science labs, work-study jobs and writing 20 page papers.

Enter Jersey, an adopted Carolina blend who recently became Drexel University’s first canine employee. (He even has his own offi-



Kathryn Formica and Jersey hard at work in their shared office. CONTRIBUTED

cial identification card).

With Jersey’s hiring, Drexel became the first university in the country to

have an on-site therapy dog throughout the academic year.

Jersey can be found on

the third floor of the recreation centre in the office of Kathryn Formica, his owner and the co-ordinator of stu-

Don't have a pup? Seek out your own version

- **Go for a stroll.** Head to a local park near campus and park yourself on a bench, Trust us, you’ll see lots of dogs walking with their humans.
- **Create your own private session.** Find a pet store and pick an adorable dog to look at. That will get you at least 10 minutes of puppy love.

The dog that made my day

“He makes them feel safe and secure; he brings instant smiles and happiness.”

Kathryn Formica, Coordinator of student fitness and wellness in the Drexel Recreation Center, on canine employee Jersey

dent fitness and wellness in the Drexel Recreation Center. Formica explains that she sees an average of 10 to 25 student visitors per day, but around midterms it spiked to 30 students or more.

“I was excited that he’s not in a library setting, because it gets students into

our building to see the gym facilities,” Formica says. “They can see other alternative ways to relieve stress.”

Dogs just make people happy, Formica notes in observing Jersey’s popularity.

“Jersey reminds them of home,” Formica says.

“He makes them feel safe and secure; he brings instant smiles and happiness.”

Other schools that have incorporated therapy dogs into campus life include Harvard, which has a Shih Tzu named Cooper in their Library of Medicine and New York University which has had therapy dogs visit their campus to interact with law students.

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A meeting's in session and I feel scared



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Everyone in my office has an aggressive personality — except me. I'm so shy that lately I'm finding it difficult to even speak in

meetings. I want to share my ideas and opinions, but I'm nervous to get shot down by all the other, louder people. How can I get over my nerves?
— Mute Wuss

Dear MW,
So you're the anxious, silent type. You respond to

your colleagues' squawks with no response at all. But here's a suggestion: You're not actually afraid of your co-workers. You're afraid of disappointing yourself.

By taking the focus off others and onto yourself, you take back control. Don't ask, "How can I impress those loudmouths?" Instead

ask, "How can I be happy with my own contributions, regardless of how the loudmouths react?"

If possible, prepare. Bringing notes to your meeting, and even rehearsing beforehand, will help smooth over your stumbles.

In the moment, trap the butterflies in your stomach



Assuming that your co-workers are out to get you may ambush your chances of getting to know a great group of people. Say your piece and see what happens. ISTOCK

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with clichéd, but effective, calm-your-nerves techniques. Breathe deep, count to 10, and have water on hand to sip away any croaks in your throat.

And if these methods don't work, just open your mouth and see what happens.

Because what's worse — your co-workers disliking your ideas, or thinking you have no ideas at all?

Dear Metro,
My office is doing the 'Yankee Swap' version of Secret Santa — that's the one where we each bring a wrapped gift, put it on a table, then take turns either opening a new package or stealing from someone else. I really want to bring a cool gift, but there are about 30 people in my office and I don't know how to please the whole crowd. Any ideas?
— St. Nick Wannabe

Dear SNW,
Something lame: Getting stuck with a crappy gift at the end of your Yankee Swap. Something even more lame: Being the guy who brought the no-one-wants-it

It sounds silly, but it works

In the moment, trap the butterflies in your stomach with clichéd but effective calm-your-nerves techniques.

dud to your Yankee Swap.

For a safe bet, go boring-but-useful. Stealables with wide appeal include gift cards to a lunch place near your work, fancy snacks, or a nice bottle of booze. Scratch lottery tickets are a fun gift card alternative — though it might sting if your giftee wins big.

Either way, try to keep it gender and age neutral, and always ask yourself: Would I re-gift this?

Or you could forget all that and go wild. A goofy gift won't be the most coveted, but it will be the most memorable.

Joanne from marketing may not want that macaroni-decorated homemade picture frame showcasing a glamour shot of your face — but everyone will get a kick out of watching her unwrap it.



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Curling

Sweeting downs Homan for Canada Cup title

Edmonton's Val Sweeting scored a deuce in the ninth end and earned a steal in the 10th to win curling's Canada Cup on Sunday with a 6-3 victory over Ottawa's Rachel Homan.

It was a small measure of revenge for Sweeting, who lost to Homan in the final of the Tournament of Hearts last February.

"A great team game, probably our strongest game all week, start to finish and from lead to skip," said Sweeting after high-fiving part of the large crowd of supporters from her hometown of Vegreville, just east of Edmonton.

Homan's last-rock take-out attempt in Sunday's ninth end hung wide and failed to remove Sweeting's shot rock from the rings, allowing the Edmonton skip to calmly draw for a go-ahead deuce to break a 3-3 tie.

"I thought it would curl there, the in-turn close to the line and it just never came up," Homan said of her shot. "It just kind of tracked halfway down the sheet and never came up."

In the men's final later Sunday, Mike McEwen took a big lead early and never trailed en route to defeating Olympic gold medallist Brad Jacobs 8-3.

The win was the sixth in seven events this season for the McEwen foursome.

"It feels like an explosion of wins the last few months," he said. "It's beyond our expectations. We knew we could be the best team in the world but we had to find a new level."

THE CANADIAN PRESS



Oilers finally back in the win column

The Oilers' Justin Schultz and Barclay Goodrow of the Sharks battle for position at Rexall Place on Sunday night. David Perron's third-period goal broke a tie and Ben Scrivens made 20 saves as the Oilers won 2-1 to snap an 11-game losing streak. Nail Yakupov also tallied for Edmonton, which claimed its first win of the season over a Western Conference team. The Oilers improved their record to 7-15-5.

JASON FRANSON/THE CANADIAN PRESS

Canada shifts gears in World Cup prep

Soccer. National women's team taking on a winning focus months away from hosting event: Coach

The Canadian women's soccer team could be headed to China early next year, making the Four Nations Tournament the next stop on its pre-World Cup trail.

That means an early date with the Chinese, whom they will meet on the opening day of the Women's World Cup

next June in Edmonton.

"I'm not sure whether I'm going to be able to put my team out and use the tactics I would (normally) use, but who knows?" Canadian coach John Herdman said with a grin. "I might play a 3-5-2 format or something a bit different."

With Saturday's draw marking six months to the opening kickoff, the games are ramping up on and off the pitch for the 24 World Cup teams. Herdman says Canada has been moving from "that improve and learn and develop phase into a (aim to) perfect phase."

"Which means the results

Opening-round opponents

Canada will be featured in Group A with China, New Zealand and the Netherlands.

start to matter," he said. "This close to an event you have to stop being development-focused. Now it's a win focus."

That includes increasing competition within the squad. Only 23 of the current wider pool of 30 players will make the World Cup squad. And the year after, only 18 will go to the Olympics.

"So it's about the consistency in their performances now when they get opportunities, as well as every day in training," Herdman said.

"I guess the scrutiny and the expectations have gone up over the last month and some players have really responded to that."

The eighth-ranked Canadians defeated (1-0) and tied (1-1) No. 5 Sweden last month, capping a demanding year that saw Herdman's team play Japan, Germany, the U.S. and England, among others. Canada finished 2014 with a 4-5-2 record. THE CANADIAN PRESS

4 SPORTS

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Vonn leaves Alberta confident

Skiing. American star climbs podium twice in opening weekend of World Cup races

Lindsey Vonn left Lake Louise with both confidence and the belief she can ski faster.

After winning her first downhill in almost two years, the U.S. star was a second behind winner Lara Gut of Switzerland in Sunday's World Cup super-G. World Cup overall leader Tina Maze of Slovenia was third.

Vonn has had two knee operations in two years, and this was the second straight season she began her comeback at the Lake Louise World

Cup. This return looks more promising from a year ago.

"It meant a lot to have worked so hard for so long and to finally be back in a position where I'm contending every race," Vonn said Sunday. "That's more than I could have hoped for."

Vonn's downhill victory Saturday was her first since Jan. 26, 2013. She tore two ligaments and broke a bone in her right leg a month later while racing super-G at the world championships.

More ligament damage before her arrival in Lake Louise last year limited her to just four starts. Another surgery in January sidelined her again.

The four-time overall World Cup champion and first American woman to win Olympic downhill gold in 2010 will return to Colorado to catch up with speed training she missed this fall. Vonn didn't get back on snow until Oct. 1.

"I have a lot of speed races left in the season, so now I have the confidence I need," Vonn said. "Hopefully by the

next race, I'll be guns ablazing and ready to really put down some good super-G runs."

Vonn finished just under four-tenths of a second behind Gut, who claimed her second super-G win in as many years at Lake Louise.

Gut didn't make the top 10 in downhill races Friday or Saturday, but set a blistering pace Sunday in one minute, 18.46 seconds.

"Downhill is something that is complicated for me in Lake Louise. It's always a fight," Gut said. "Super-G is way more fun for me. I would love if we raced two super-G and just one downhill here, but it's not going to happen."

After winning the first downhill of the season Friday, Maze looked unhappy with 10th the next day.

"That was quite a shock yesterday," said Maze, who is tied with Vonn for first in the downhill standings. "I had a lot of adrenalin in my blood."

"I still have something to do in super-G, but I'm really happy with my skiing."

THE ASSOCIATED PRESS

Wins rush in

60

With a career 60 World Cup victories, Lindsey Vonn is two away from matching the women's record of 62 held by Annemarie Moser-Proell of Austria.



U.S. skier Lindsey Vonn celebrates her second-place finish after the women's World Cup super-G race in Lake Louise on Sunday. Vonn won the downhill race a day earlier. JEFF MCINTOSH/THE CANADIAN PRESS

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Over Chargers

Brady helps Patriots keep winning streak

Tom Brady threw a 69-yard touchdown pass to Julian Edelman midway through the fourth quarter, and the New England Patriots beat the San Diego Chargers 23-14 on Sunday night.

The Patriots (10-3) won for the eighth time in nine games. It clinched their 12th straight 10-win season for the second-longest such streak in NFL history.

THE ASSOCIATED PRESS

Galaxy 2-1 Revolution

Donovan retires carrying his sixth MLS title home

Landon Donovan is retiring as a champion, thanks to one brilliant goal by Robbie Keane.

Keane scored on a breakaway in the 111th minute, and Donovan won his record sixth MLS title Sunday in the LA Galaxy's 2-1 victory over the New England Revolution in the MLS Cup. The Galaxy won their record fifth league title. THE ASSOCIATED PRESS

'I can't breathe.' Rams make another statement

A week after their "Hands Up, Don't Shoot!" show of solidarity, several St. Louis Rams players made another societal statement Sunday with the message: "I Can't Breathe."

The slogan refers to Eric Garner, who died after a New York police officer placed him in a chokehold during an arrest for selling loose cigarettes. A grand jury decided last week that it would not indict the officer. A video of the arrest showed Garner gasping, "I can't breathe."

Guard Davin Joseph wrote the words on the cleats he wore during pre-game warm-ups before the Rams beat the Washington Redskins 24-0. Tight end Jared Cook had it written on his wrist tape during the game, and he said receiver Kenny Britt and two or three other offensive players did the same.

"I feel like we should support what we feel is right," said Joseph, who intended to wear the cleats during the game but had to change because of the condition of the slick turf at the Redskins' stadium. "We should always have an opinion of sticking up for people who don't



Rams guard Davin Joseph tweeted an image of a pair of his cleats he intended to wear on Sunday against the Redskins. @DAVINJOSEPH75/TWITTER

have a voice."

Joseph tweeted an image of his shoes before the game with the message: "R.I.P. Eric Garner."

Also on Sunday, Detroit Lions running back Reggie Bush had "I Can't Breathe" written in black across his blue warm-up shirt.

On Saturday night, Chicago Bulls guard Derrick Rose wore the message on his T-shirt during warm-ups before an NBA game against the Golden State Warriors.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

This week should be easier than last week. Today, however, you may have to deal with a problem you would like to pretend does not exist.

Taurus

April 21 - May 21

An embarrassing event will make you shy to show your face in certain circles but so what if you made a fool of yourself? No one is perfect. Laugh it off.

Gemini

May 22 - June 21

Get out into the world and have a good time. The more people you meet on your travels the better, as they will open your eyes to new possibilities.

Cancer

June 22 - July 23

Something shiny will catch your eye and you won't be happy until you possess it. Whether or not you can afford it won't worry you. Will you regret it tomorrow? Who cares!

Leo

July 24 - Aug. 23

There are so cosmic influences working in your favour and you can't help but feel delighted with life. However, as luck planet Jupiter turns retrograde in your sign today don't take too much for granted.

Virgo

Aug. 24 - Sept. 23

If you find it hard to get your act in gear as the new week begins maybe you are doing something wrong. Or maybe you need an extra day of rest.

Libra

Sept. 24 - Oct. 23

Make an effort to get to know someone you thought of as boring and you may be surprised to find they are more interesting than you imagined.

Scorpio

Oct. 24 - Nov. 22

Whatever challenges you are faced with over the next few days you will attack them. But don't get carried away and take on something (or someone) that is out of your league.

Sagittarius

Nov. 23 - Dec. 21

You know that what you believe in is right and you know that what someone else believes in is wrong. How do you convince them to change their outlook? You don't. Let them learn from their own mistakes.

Capricorn

Dec. 22 - Jan. 20

Don't be too critical of someone today because later in the week you will need their assistance and they are unlikely to give it if you've been too hard on them.

Aquarius

Jan. 21 - Feb. 19

As Jupiter begins one of its retrograde phases today you are advised not to take anything for granted.

Pisces

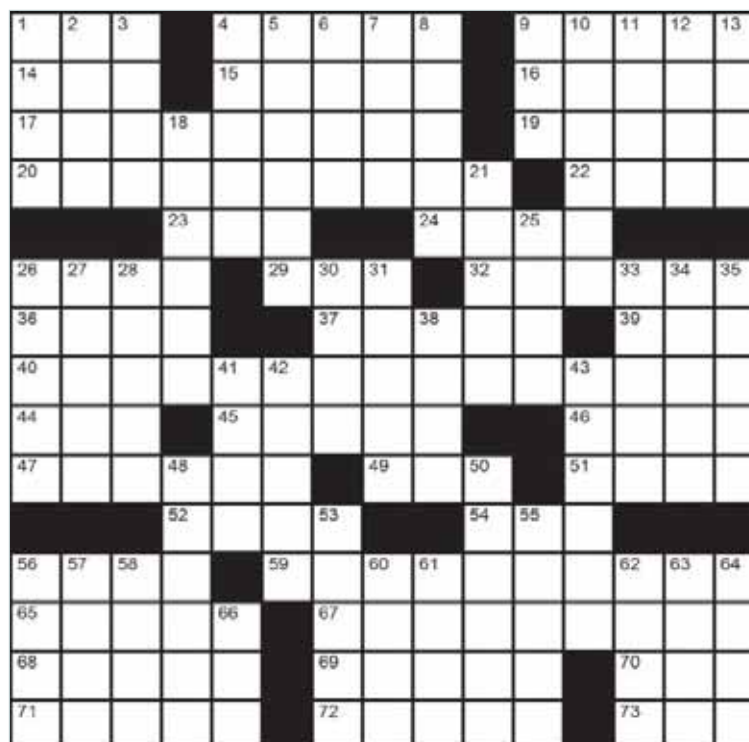
Feb. 20 - March 20

You may be one of the more sensitive members of the zodiac but you can be tough when the occasion calls for it. At work others will get the message that you're not such a wimp after all.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Corn on the ___
4. Guinness and Baldwin
9. Thing to kick as a New Year's resolution
14. Shakespeare: "___ some other name!" - Juliet
15. "Hello, ___!" (1969)
16. Historical time
17. One who points out every perceived flaw
19. Indulgence at the mall
20. John Lennon song: 2 wds.
22. Star tennis player Mr. Murray
23. Battleship letters in The States
24. Yank
26. Printer's pile
29. Five - Three = What?
32. Opera legend Maria (b.1923 - d.1977)
36. Languish
37. Mountain spinach
39. "___ the King's Men" (2006)
40. ___ Provincial Park, in northwestern Ontario
44. Building extension
45. Speak
46. Ding-___! (Sound from the door)
47. Delete private information
49. Home addr.
51. Angry snits



52. "This Hour Has 22 Minutes" bit
54. ___ rata
56. Ms. Carrere's
59. Promontory on which Quebec City sits: 2 mots
65. Foretells
67. Attorney, in England

Down

1. And, e.g.
2. Off-Broadway theatrical award
3. Test version of software
4. "Good-bye!"
5. Plague pest
6. Antlered animals
7. Horsefly
8. Sundae topping
9. She's opposite
10. Disgust
11. "___ Free" (1966)
12. Frosted
13. Group of unnamed people
18. Feathered
21. State flower of New Mexico

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



©2013 Conceptis Puzzles, Div. by King Features Syndicate, Inc.

What's an 8 letter word that avoids bankruptcy?

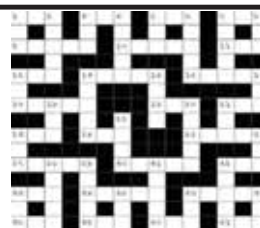
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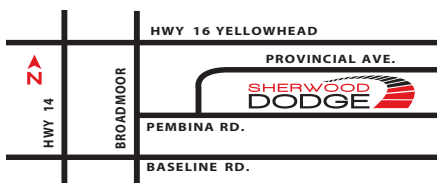
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